

1. Put onions, garlic and oil into a bowl, cover and cook on FULL power for 2 minutes
2. Add the courgettes and 200ml of stock, cover and cook on FULL power for 4 minutes.
3. Add peas, mint, the rest of the stock and season with pepper. Cover and cook on FULL power for 3 minutes.
4. Blend until smooth, adding yoghurt.
5. Serve hot or cold garnished with some fresh mint

1tbsp oil
2cloves garlic, chopped
4 spring onions, chopped
250g courgettes, thinly sliced
250g peas, fresh or frozen
700ml vegetable stock
Ground black pepper
20g fresh mint, chopped
200g natural yoghurt

'What's Cooking!' Recipe Card***SOUP*****Chilled courgette and pea soup**

FOOD FACT:
Courgettes have a high water content and are low in calories.

They are a source of folate, potassium, and vitamins A and C, they are beneficial for skin problems.

Preparation time 3mins

Cooking time 9mins

Serves 4-6